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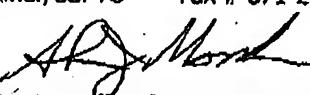
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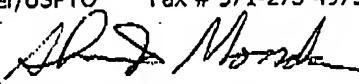
July 7, 2006

To: Jerome Donelly-Examiner/USPTO Fax # 571-273-4975
From: Alan Monda-Inventor 
Subject: Claims 5-10 for Patent Application 10/613,965

PAGE 1/2 * RCV'D AT 10/5/2006 12:26:15 PM [Eastern Daylight Time] * SVR:USPTO-EFXRF-1/8 * DNIS:2734975 * CSID:13606948843 * DURATION (mm:ss):00:46

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Subject: Claims 6-10 for Patent Application 10/613,965

Jerome,

Here are the new claims. I hope they are satisfactory. Please let me know that you have received this fax.

Alan Monda

Claim 6-An exercise apparatus, comprising:

A block with 2 channels, one on the top of said block and one on the bottom of said block, transversing in opposite directions from one side to the opposite side of said block.

Claim 7-An exercise apparatus as claimed in claim 1, further comprising:

At least 2 flexible tubular members which transverse along the bottom channel of said block from one side to the opposite side of said block and transversing upwards along each side of said block, each flexible tubular member having 1st and second ends.

Claim 8- A device as claimed in claim 7, further comprising:

At least 2 stretchable resistance materials, at least 1 stretchable resistance material transversing through said flexible tubular member from one side to the other and protruding out of each 1st and 2nd ends of said flexible tubular member, each stretchable resistance material having 1st and 2nd ends.

Claim 9- A device as claimed in claim 8, further comprising:

At least 2 stretchable resistance materials, each having 1st and 2nd ends, each end of stretchable resistance materials containing an attachment means.

Claim 10-an exercise apparatus as claimed in claims 6, 7, 8 and 9 further comprising:

at least 1 handle with at least one attachment means for connecting to at least 1 stretchable resistance material end containing an attachment means.